



## SMOOTHIE SELECTOR

Smoothies are a great option for a midday snack, a pre- or post-workout meal or an energizing breakfast. Below is a list of healthy ingredients and recipe suggestions, all you need to do: blend and enjoy.

### **To build muscles:**

2 Tbsp Peanut Butter  
1 Banana  
1/3 cup whey protein  
1/2 cup fat-free frozen yogurt  
1 cup of fat-free milk

Peanut butter contains protein, manganese and niacin. When used sparingly, peanut butter can fight heart disease and promote weight loss.

Bananas contain potassium, fiber and vitamin B6. They also provide good carbohydrates and strengthen muscles.

Whey protein provides essential amino acids that help you pack on the muscle.

### **To boost brain power:**

1/2 cup blueberries  
1/2 cup raspberries  
1 cup pineapple orange juice  
1/2 cup low-fat vanilla yogurt  
1 cup ice

Blueberries are rich in antioxidants that slow brain decline and reverse memory loss.

Raspberries are also full of antioxidants. Additionally, they contain fiber, manganese and Vitamin C.

### **To promote heart health while building muscles mass:**

1 cup low-fat milk  
2 Tbsp low-fat plain yogurt  
1 kiwi  
1/2 cup strawberries  
2 Tsp vanilla whey protein powder  
3 ice cubes

Strawberries are high in antioxidants and Vitamin C, and they are known to fight heart disease.

Whey protein provides essential amino acids that help you pack on the muscle.

**DON'T FORGET TO STRETCH!**